

# **The Retire Flyer**



Welcome to July 2017 edition of the Frederick County Employees Retirement Plan (FCERP) retiree newsletter. We hope you have a safe and wonderful summer!!

If you have any suggestions (and we want to hear from you!) for information you would like to see published, please either email it to [DHoffman@FrederickCountyMD.gov](mailto:DHoffman@FrederickCountyMD.gov) or send it to the Division of Human Resources, 12 East Church Street, Frederick, MD 21701.

You can also visit the retiree link on the County web page for notices and information - <http://www.frederickcountymd.gov/4898/Retiree-Information-Resources>

## **Cost of Living Adjustment**

**All retirees with a Retirement Date of June 1, 2016 or before will receive a 1% cost of living adjustment (COLA) in your current retirement benefit. The COLA will be in your August 1, 2017 benefit check.**

**If you have questions regarding whether you were eligible for the COLA, please contact Diane Hoffman at 301-600-1625.**



## **What's New in the County.....**

**The summary of the annual plan valuation report for the Frederick County Employees Retirement Plan can be found at this webpage:**

**<https://frederickcountymd.gov/4898/Retiree-Information-Resources>**

**The FredCoConnect project continues and so does our request that you send us your email address. If you haven't already done so, please send your name along with your email address to**

**[Human\\_Resources@Frederickcountymd.gov](mailto:Human_Resources@Frederickcountymd.gov)**

## Vital health information in a minute

Interval training helps Olympic athletes run faster, jump higher and finish stronger. And it can help you, too. Sure, you may not be trying to break any records or “go for gold” when you go for a power walk. But you can use interval training to make the most of your workout at any level. Interval training is all about variety – changing your speed or alternating different activities. Get started by adding short bursts of intense activity to your exercise routine.

Interval training can be used with cycling, swimming and other aerobic activities. You can keep things fresh by adding different activities to your routine.

No matter your approach, try to get the recommended 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week.

## **2017 Frederick County Employee Picnic**

The picnic is offered to Frederick County Government employees, retirees, and their family members.

Come join us on Thursday, August 3, 2017 for an afternoon of FUN!

Middletown Community Park (Coblentz Road, Middletown)

Corn & Hot Dogs served at 3:00 p.m.

Dinner served at 5:00 p.m.

### All day activities list:

- DJ
- Make Your Own Sno-Cone
- Kids Tent - Face Painters, Balloon Artists, Crafts and More!
- Educational Booths - Fire & Rescue, Sheriff's Office, Recycling & Transit

**Please bring lawn chairs and/or blankets with you. Ticket requests are due by July 27, 2017.**



For tickets, contact Human Resources at (301) 600-1121 or [Human\\_Resources@FrederickCountyMD.gov](mailto:Human_Resources@FrederickCountyMD.gov). Tickets are broken down into 3 categories: Adults (ages 11 & up), Children (ages 4 - 10) and Children (ages 3 & under). Please specify how many tickets are needed for each category!